



The Edgehill Churches

Parish Link

*Loving
God,
Serving
People,
Growing
Community*

The wrong side of the bed

June 2026

Recently, I woke up in the morning feeling quite grumpy. That wasn't usual for me. It wasn't the weather: it was a beautiful Spring day. I wasn't cross with anyone. I just felt negative about everything. I tried fighting it off, but the feeling didn't go away all day. When someone asked how I was, I told them that I had woken up on the wrong side of the bed that morning. I even felt irritated at being asked!

In the past, I've done a CBT course (Cognitive Behavioural therapy), and I regularly use some of the techniques to ground me when depressing thoughts enter my mind. But this feeling wasn't me spiralling into depression. I just

couldn't work out why I felt so grumpy. So, I decided I just had to accept it, live with it, and hope that the next day would be different. Thankfully, it was.

What do we do with negative emotions? Do we always try and live in a world of positivity, sticking a smile on our faces even when we feel dreadful, or attempting to think 'happy thoughts' when we feel frustrated, or down?

Perhaps if you have days like this, someone will try to encourage you or even tell you to "lighten up!" or say something that shows that they don't really accept your shadow side, the part of you that isn't always charming and cheerful. What we really need at those moments is someone to show us empathy and accept the whole of us, rather than attempting to change us into a perfect person.

Perhaps we need to treat ourselves gently too, and even face reality sometimes, and let our inner being handle whatever comes, even if we're a little bit more difficult to live with now and then. Are we always expected to be patient, polite, and passive, with a side helping of optimism?

Some people think that Jesus was always sweet-tempered and equable. But he wasn't! He got frustrated, even angry sometimes, and on one occasion, tipped over the money changing tables in the temple in Jerusalem because they had turned a 'house of prayer into a den of thieves.' He grieved deeply when one of his friends died.



Those of us who work in the caring professions are sometimes advised to give ourselves 'grieving times' when we can consciously and deliberately let go of negative emotions in a safe place. Some people find that keeping a journal can help them work such feelings out. I find that it

helps to chat with a trusted friend or family member - someone who can really listen.

And if we realise we are getting cross or low all the time, maybe we need to ask for help, and contact a minister, a doctor, or a counsellor.

Rev Dr Beren Hartless

Churches' Contact Details:

Rector

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Benefice Web Site www.edgehillchurches.org

JUNE SERVICES IN THE EDGEHILL PARISHES

	Kineton	Combroke	Radway	Ratley	Warmington	Shotteswell
7th	10.00am Simply Celebrate		8.30am Communion	10.30am Communion		8.30am BCP Comm
14th	10.30am Communion	2:00pm Village Walk			10.30am Communion	
21st	10.30am Morning Worship		10.30am Communion	6.30pm Communion		8.30am Communion
28th	Rea Verdon's ordination at Coventry Cathedral					

Ordinations at Coventry Cathedral

Sunday 28th June at 10.30am

On 28th June our new curate **Rea Verdon** will be **ordained at the Cathedral**.

We hope you can join us



RADWAY GRANGE OPEN GARDENS

Saturday 6th June, 2-5pm

Proceeds to Radway Church Roof

£5 per person in advance,

£7.50 on the day

free entry for under 10 years

Tickets can be pre-purchased from:

www.radwayevents.co.uk

or scan the QR code



BLOKE'S CURRY NIGHT

Tues 9th Jun 7.00pm.

at **Shukurs, Kineton**

A great night out with men from around the area.



We've agreed a set price menu of £19.95 per head (for a main, rice, and naan). Any drinks will be on top of that.

Use the QR code to reserve a spot, or email revbarryjackson@btinternet.com

LADIES CURRY NIGHT

Tuesday 16th Jun 7.00pm

A great night out at **Shukurs** with ladies from the area;



We've agreed a set price menu of £16.95 per head (for a main, with rice OR naan), and any drinks will be on top of that. Use the QR code to reserve a spot, or email

Sarah.Jackson05@hotmail.co.uk

TEA & CHAT

Friday 26th May 3pm-4.30pm

in Ratley Village Hall

Come and meet up with neighbours and friends for a chat and catch up. Cost £1.00

Everyone welcome. No need to book, just turn up!



RADWAY'S TEA, CHAT & PLAY

Every Wednesday 3pm -5pm in the Village Hall

All ages are welcome from babies to grandpas!



Grief is hard. Death can impact all of life.

The Bereavement
Journey
a place to talk

7 Sessions of films & discussion

Topics include:

- Attachment, separation & loss
- The pain & responses of grief
- Anger & guilt
- Coping with others' reactions
- Delayed & suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

To find out more visit:
thebereavementjourney.org

**Tuesday evenings
from 2nd June, 7-9pm**
at Kineton Primary School

Free of charge

Book by contacting
Matthew Arnold

07368 206182 or
mtr.arnold@googlemail.com



Build imagination with Lego!

Sat 20th June, 1:30pm, Warmington Village Hall
Snacks/drinks available and it's free!

Children must bring an adult

(BUT adults don't need to be accompanied by a child!)
for more details from rev.AlisonAbbott@gmail.com

Charity Pop-Up Board Games Café

Friday 26th June at 7.00pm at

The Sports and Social club, Kineton

Come and join us for a charity board game evening.

Adults and ages 14+ only

(under 18's must be accompanied by an adult)

More info on the QR code or from Barry at revbarryjackson@btinternet.com



THE BEREAVEMENT CAFÉ

A weekly drop-in group

Mondays 2.30-3.30pm Scout Hut, Kineton

Come and join us in a safe, gentle environment for tea/coffee and a chat.